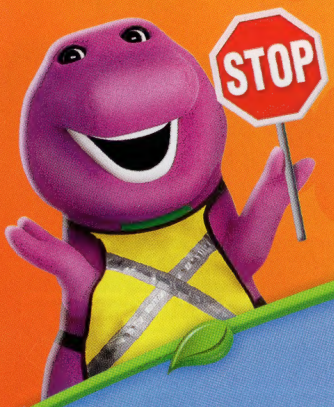
Parent Guide

Let's Grow

A NEW DVD SERIES
DEDICATED TO INSPIRING EVERYDAY MOMENTS
MANNERS AND ROUTINES
FOR PRESCHOOLERS AND THEIR FAMILIES

"Learning about safety begins at home and there's no bet
Young children learn from what they see, so start early in
own safety practices," says Kate Crona



Children will learn that playing outdoo

Wh

able to understand

2-4 year-olds

Parents and other caregivers should model safe practices, but children in this age group can't be responsible for their own behavior. Preschool-age children may act on impulse so they should be watched closely at all times.

5-6 year-olds

Children in this age group still need their parents to model good safety behavior, but now they can begin to understand safety rules and start making safe choices on their own.

Children have lots of safety rules to learn. After watching the DVD with your child, reinforce the safety concepts introduced in the episodes by completing some of these activities.

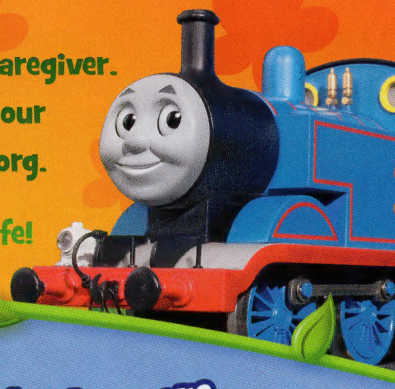
Bicycle Safety

RIDE BIKES

Demonstrate safety rules such as wearing a helmet and talk about avoiding cars. Young children should not ride bikes on the road - sidewalks are much better choices. Show your child the correct way to wear a helmet by placing it on his or her head while looking in the mirror.

ter teacher than you—the parent or caregiver.
your child's life by brushing up on your
an, MD, medical editor at KidsHealth.org.

rs is more fun when they're being safe!



hen learning about safety, children are differently at different ages.

PRETEND TO DRIVE

Find a circular object to be used as a steering wheel and encourage your child to "drive." Discuss safety rules, such as using a car safety seat, buckling a seat belt, stopping at a STOP sign, and paying close attention to the "road."

SAFETY WALK

Take a walk in your neighborhood and practice safety rules. Talk about staying on the sidewalk, crossing only at corners, looking both ways, and holding an adult's hand. Point out the traffic light colors and explain what they mean.

LET'S SWIM!

Help your child learn to stay with a grown-up in or around the pool. Explain why it's important to walk, not run, around the water. Introduce your child to a lifeguard and let the lifeguard explain some safety rules also.

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Sean and Chica, hosts of The Sunny Side Up Show

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